



# Why use this form?

This form can help you to reflect on and record developments that you and others have taken forward in your care setting in order to:

- Support your own professional reflection
- Share learning and impact with others (staff, relatives and residents, external visitors, inspectors)
- Encourage discussion about other impacts that the development may have made.

## **Storytelling can be transformative!**

Use the form to tell a story giving as much detail as you can to allow others to really understand the difference it has made. For instance:

- a. Rather than writing '*I learnt a lot about myself*' – offer detail about what you learnt about yourself – '*I feel the need to be in control and have learnt to step back rather than rushing in*'
- b. Rather than '*residents seem happier*' – explain in what way you know this.. i.e "*residents seem happy as they are coming through to join people in the sitting room now*"

You may not be able to complete this at one time but you can go back to it and add further reflections and outcomes.

## **Send My Home Life your stories!**

My Home Life wants to share the great work that care settings are doing to support quality of life. Do send us a copy of your stories at the following address:

Freepost MY HOME LIFE

